Amendments to the Claims:

This listing of claims replaces any and all prior claim lists.

Listing of Claims:

Claims 1-4 (canceled).

Claim 5 (currently amended). A copolymer of ethylene and α-olefin of from 4 to 20 carbon atoms having melt flow rate (MFR) measured at 190°C under a load of 21.8N according to JIS K7210-1995 of from 1 to 100 g/10 minutes, melt tension at 190°C (MT), intrinsic viscosity ([η]) and a chain length A satisfying following formula (1) to (3) and a melt flow rate ratio (MFRR) calculated by dividing the melt flow rate measured at 190°C under a load of 21.8N according to JIS K7210-1995 by said MFR of 60 or more, wherein the chain length A is a chain length at peak position of a logarithm normal distribution curve of a component having the highest molecular weight among logarithm normal distribution curves obtained by dividing a chain length distribution curve obtained by gel permeation chromatography measurement into at least two logarithm normal distribution curves,

$2\times MFR^{-0.59}<MT<20\times MFR^{-0.59}$ formula (1)
$1.02\times MFR^{-0.094}<[\eta]<1.50\times MFR^{-0.156}$ formula (2), and
$3.30<\log A<-0.0815\times\log(MFR)+4.05$ formula (3).

Claim 6 (previously presented). A copolymer of ethylene and α-olefin of from 4 to 20 carbon atoms having melt flow rate (MFR) of from 1 to 100 g/10 minutes, melt tension at

190°C (MT), intrinsic viscosity ([η]) and characteristic relaxation time at 190°C (τ; unit is sec), satisfying the following formula (1) to (4):

$2\times MFR^{-0.59}<MT<20\times MFR^{-0.59}$ formula (1)
$1.02\times MFR^{-0.094}<[\eta]<1.50\times MFR^{-0.156}$ formula (2), and
$2<\tau<8.1\times MFR^{-0.746}$ formula (4).

Claim7 (previously presented). The copolymer of ethylene and α-olefin according to Claim 5 or 6, wherein the copolymer of ethylene and α-olefin has activation energy for melt flow of not less than 60 kJ/mol.

Claim 8 (previously presented). The copolymer of ethylene and α-olefin according to Claim 5 or 6, wherein the copolymer of ethylene and α-olefin has swell ratio (SR) and [η] satisfying the following formula (6):

when $[\eta]<1.20$, $-0.91\times[\eta]+2.232<SR<2$, and

when $[\eta]\geqq 1.20$, $1.17<SR<2$.